

Be Prepared

Guidance for Walkers

As most of our walks take place on open mountains and moorland, appropriate clothing is required at all times. This includes:-

- Walking Boots (not trainers)
- Hat
- Gloves
- Warm clothing
- Spare warm clothing e.g. a jacket or fleece
- Waterproof jacket and trousers
- Note: Jeans are NOT acceptable
- Rucksack in which to carry spare clothing, food, drink and personal items.

You should ensure that you have food and drink appropriate for the length of the walk. (Stops at a pub/café etc are not included, unless otherwise stated.)

We insist that all walkers carry emergency information details stored in the top flap of your rucksack (as per section 3 of our T&Cs). You are actively encouraged to also store this information on your phone so that it could be accessed without unlocking the device, in the case of an emergency.

You should also register your phone for emergency SMS to ensure you can contact the emergency services in locations where there is not sufficient mobile coverage for voice calls. You can do this by texting 'Register' to 999. You will receive an automated text message asking you to confirm your request. When you respond to that message you will receive confirmation of registration.

The Start Time given is when the walk will leave from the meeting point in Barmouth. You should arrive 20 minutes before the given start time and be changed and ready to go at the time stated. The group will not wait for you if you are late.

Barmouth Walking Festival welcomes dogs however, some of our walks are unsuitable for them due to hazards of the terrain. Where walks are deemed suitable, we ask that dogs are kept on a lead at all times for the safety of the group.

Please check the walk description before you bring your dog.

Children under 18 years old must be accompanied by an adult.

Most of our walks are on unmade paths and therefore are unsuitable for wheelchairs. Where we believe a walk to be wheelchair friendly we will state it in the description.

Please inform the Walk Leader if you have any pre-existing medical condition of which he/she should be aware and for which you may be carrying medication (eg diabetes).

You must stay with the group. If you wish to leave the group please inform the Walk Leader who will make it clear that you are responsible for your own safety from that point.